

University of Hartford
200 Bloomfield Avenue, West Hartford, CT 06117 | 860.768.4100

1. Academic Support Services
 - a. http://new.hartford.edu/academics/tutoring_assist/default.aspx
 - i. Center for Reading and Writing (860) 768-4312
 - ii. Chemistry tutors 860-768-4531
 - iii. English Language Institute 860.768.4399
 - iv. Learning Plus (assistance for learning disabilities) 860.768.4312
 - v. Student Services Center (overall assistance center) 860-768-7003
 - vi. Other services are available, but phone numbers are not given. If you need help with an issue not on this list the Student Services Center should be able to correctly direct you.
 - b. Online tutoring sources
 - i. Etutoring.org
2. Child Care
 - a. Reputable day cares/Help paying
 - i. <http://www.ctcare4kids.com/>
 - ii. Care 4 Kids
1344 Silas Deane Highway
Rocky Hill, CT 06067
 - iii. For more information, call, 1-888-214-KIDS (5437)
3. Clothing (different offices may have clothing at different times. Call before you go!)
 - a. Adults with children
 - i. The Village Friends and Family
 1. 2550 Main St / 331 Wethersfield Ave
 2. 860-236-4511 Extension 3774
 - b. Adults without Children
 1. Center City Churches – 860-246-6757
 2. Catholic Charities – 860-527-1124
 3. North Side Salvation Army – 860-543-8420
 4. South Arsenal Neighborhood Development (Coats) 860-278-8460
 5. San Juan Center – 860-244-2241
 6. Walk in the Light Outreach (call for appointment) 860-242-5248
 7. South Side Salvation Army – 860-543-8415
4. Employment
 - a. Campus job sources
 - i. <http://uhaweb.hartford.edu/career/stdntempl.htm>
 - ii. University of Hartford • Career Services • GSU 309
200 Bloomfield Ave • West Hartford, CT 06117
tel: 860-768-4287 • fax: 860-768-5141 • email: career@hartford.edu
 - b. Connecticut Works Website
<http://www.ctdol.state.ct.us/>
 - c. Online job sources
 - i. Ctjobs.com
 - ii. Jobsinct.com
 - iii. Monster.com
 - iv. Careerbuilder.com

5. Financial Aid

- a. Financial Aid
 - i. <http://admission.hartford.edu/finaid/>
 - ii. Hartford's Office of Admission and Student Financial Assistance
(860) 768-4296
finaid@hartford.edu
- b. FAFSA
 - i. <http://www.fafsa.ed.gov/>
 - ii. For assistance with problems or difficulties while using FAFSA on the Web, or for specific questions about the FAFSA, **call the Federal Student Aid Information Center at 1-800-4-FED-AID (1-800-433-3243) or 1-319-337-5665**. If you are hearing-impaired and have questions, contact the TTY line at 1-800-730-8913.
 - iii. You can also contact us live, online, by selecting the Live Help button conveniently located within the pages of the application.
 - iv. Need help filling out your FAFSA? Your YDS can help!
- c. Scholarships
 - i. Scholarships.com
 - ii. Fastweb.com
 - iii. Studentscholarshipsearch.com
 - iv. Strategies to help get a scholarship.
 - 1. <http://www.scholarships.com/financial-aid/college-scholarships/scholarship-application-strategies/scholarship-application-strategies.aspx> * Note: There will be ads for colleges and online schools. Just click "No Thank You" and continue. You do not have to fill these portions out.

6. Food

- a. Campus Food Programs
 - i. 200 Bloomfield Avenue
West Hartford, CT 06117
Phone: 860-768-4083
Email: blum-chelsea@aramark.com
- b. Food Stamps
 - i. Printable Brochure with Frequently Asked Questions, Eligibility Requirements and Tips (There is also a printed copy of this brochure on the next page):
http://www.ct.gov/dss/lib/dss/pdfs/brochures/food_stamps_96.3.pdf
 - ii. State of CT Department of Social Services – Food Assistance
 - 1. Website with information on programs and requirements
<http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305154>
 - 2. Contact information for programs
Jana Engle, TEFAP Coordinator
Connecticut Department of Social Services
25 Sigourney Street, Hartford, CT 06106-5033
Tel. (860) 424-5429, Fax (860) 424-4957
email: Jana.Engle@ct.gov
Nancy Carrington, Executive Director
Connecticut Food Bank, Inc.,
150 Bradley Street,
P.O. Box 8686

New Haven, CT 06531
Tel. (203) 469-5000, Fax (203) 469-4871
<http://www.ctfoodbank.org/>
Ms. Gloria McAdam, Executive Director
Foodshare, Inc.
450 Woodland Avenue
Bloomfield, CT 06002-1342
Tel: (860) 286-9999, Fax (860) 286-7860
<http://www.foodshare.org/>

c. Food Pantries and Programs

*Note: These programs may vary in their eligibility and availability. Always call the office before going to ensure that your specific situation can be served by them. If you are unable to find assistance always call 2-1-1, the United Way's free number, to be connected to a specialist that can help you find what you need.

i. Town of East Hartford

740 Main Street, East Hartford, CT 06108

PH: (860)291-7100

info@ci.east-hartford.ct.us

Hours: Mon., Tues., Wed.

Fri: 8:30AM - 4:30PM, Th: 8:30AM - 6PM

d. Foodshare

i. Mobile Foodshare is an outdoor food distribution for persons of low income. The food choices vary from week to week but usually include bread and several types of fresh produce. Other items may also be offered depending on availability.

ii. http://fdshr.convio.net/site/PageServer?pagename=programs_MobileCalendar#Hartford

1. Click for your town (Hartford) and a list of various locations, dates and times.

e. Farmers Markets

i. <http://apps.ams.usda.gov/FarmersMarkets/Default.aspx>

ii. Search different payment methods, locations and times.

f. WIC

i. Nutritional support to pregnant/breastfeeding women and children

ii. http://www.ct.gov/dph/cwp/view.asp?a=3137&q=395460&dphNav_GID=1862&dphPNavCtr=

iii. (860) 509-8084

7. Health Care

a. Campus clinics <http://new.hartford.edu/studentlife/default.aspx> Second Item, middle column.

i. Appointment Scheduling:

860-768-6601 (or ext. 6601 on campus).

Please call in advance to set up an appointment.

Regular Semester Hours:

Monday-Thursday 8a-5p. Friday 8a-4:30p.

Closed for all University breaks.

Fax Number:

860-768-5140 (or ext. 5140 on campus).

Email the Administrative Director of the Student Health Services at

norris@hartford.edu

b. Department of Social Services: Caring for Connecticut (Medicaid)
Client Assistance Center

1-866-409-8430
(toll free in-state)
(860) 269-2031
(in Farmington, CT area)
1-866-604-3470
(alternate TTY/TDD line)

- i. Pre-Existing Condition Plan
<http://www.ct.gov/dss/cwp/view.asp?Q=463668&A=2345>
 - ii. Husky Health – Age 19 and under
<http://www.huskyhealth.com/hh/site/default.asp>
 - iii. Low-income adults without children
http://www.ct.gov/dss/lib/dss/pdfs/brochures/medicaid_lia_in_brief.pdf
 - iv. For questions or concerns on any of these plans please refer to the contact information above.
- c. Medical professionals that accept Medicaid can be found at this website
<https://www.ctdssmap.com/CTPortal/Home/tabId/36/Default.aspx>
- i. Go to “Provider” in the left hand column and click “Provider search”
 - ii. Enter your local information and the kind of medical professional you need
 - iii. A list will come up of professionals in your area.
- d. National Institute of Mental Health
- i. Helps you locate services in your area and provides support
<http://www.nimh.nih.gov/health/topics/getting-help-locate-services/index.shtml>
 - ii. The Information HelpLine is an information and referral service which can be reached by calling **1 (800) 950-NAMI (6264)**, Monday through Friday, 10 am- 6 pm, Eastern time.
- e. Crisis Hotlines
- i. Free hotlines for emergency situations. **If your emergency is life threatening please call 911**
http://www.allaboutcounseling.com/crisis_hotlines.htm
 - ii. **Boys Town Suicide and Crisis Line: 800-448-3000 or 800-448-1833**
Provides short-term crisis intervention and counseling and referrals to local community resources. Counsels on parent-child conflicts, marital and family issues, suicide, pregnancy, runaway youth, physical and sexual abuse, and other issues. Operates 24 hours, seven days a week. (Not just for boys)
 - iii. **National Domestic Violence/Child Abuse/ Sexual Abuse: 800-799-SAFE /800-799-7233/800-787-3224 TDD**
800-942-6908 Spanish Speaking
 1. **Several other phone numbers in the online list for eating disorders, drug use, STDs, sexual assault, rape and other issues. Confidential and free of charge.**
- f. Planned Parenthood
- i. Sexual health for men and women, birth control, pregnancy care.
1229 Albany Avenue
Hartford, CT 06112 860.728.0203 and
1030 New Britain Ave
West Hartford, CT 06110 860.953.6201
 1. <http://www.plannedparenthood.org/>
 2. **Plan B (Morning After) Birth Control assistance provided.**
- g. Free Clinics

ClinicName/Organization	Address	City	State	Zip Code	Phone
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Christian Medical Fellowship Health Clinic	277 Main Street	Hartford	Connecticut	6032	860.751.4775
Kevin's Community Center	P.O. Box 37	Newtown	Connecticut	6470	(203) 426-0496
AmeriCares Free Clinics, Inc.	88 Hamilton Avenue	Stamford	Connecticut	6902	(203) 658-9650

8. Housing

- a. Dorms/Resident Halls and Off Campus Assistance
<http://uhaweb.hartford.edu/reslife/>
 - i. University of Hartford | Office of Residential Life
200 Bloomfield Avenue | West Hartford | CT | 06117
Phone:(860)768-7792 | Email:reslife@hartford.edu
- b. The Hartford YWCA (860-525-1163) and YMCA (860-522-4183) will sometimes have rooms for rent, for short or long term, at discounted student rates.
- c. Housing Authority
 - i. CT Housing Search – Affordable Housing <http://www.cthousingsearch.org/>
 - ii. Rental Assistance Program (families)
<http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305206>
 - iii. Homeshare Program (single adults)
<http://www.ct.gov/agingservices/cwp/view.asp?a=2513&q=313056>
 - iv. The best way to determine what kind of housing you may be eligible for and how to get it is to connect with someone personally. Call one of the numbers below and ask for a meeting or assistance in finding housing.
 1. Housing Services: 860-424-5578
 2. CT DSS (Department of Social Service) 800-842-1508 or TDD/TTY 800-842-4524
- d. Roommate Finders/Boards
 - i. www.roommates.com
 - ii. www.roomster.com
 - iii. <http://connecticut.metroroommates.com/>
 - iv. www.Roomates4you.com
- e. Energy Assistance
 - i. Winter heating basic website:
<http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305194>
 - ii. To apply contact the office nearest to you.
<http://www.ct.gov/dss/cwp/view.asp?a=2353&Q=420880&PM=1>
 - iii. Or by phone: Community Renewal Team, Inc. (Hartford area) (860) 560-5800 or 1-800-798-3805

9. Social Support

- a. Student organizations can provide outlets for social networking and support, connecting with students that have similar life experiences, interests and majors, getting help with an academic issue (such as asking a member of a math club to tutor you) and connections to community and campus events including dances, parties and concerts. Being an active member of a student organization also opens up employment, scholarship and further academic opportunities. Take advantage of this awesome resource!
 - i. <http://new.hartford.edu/studentlife/default.aspx> Left column, second from the bottom. Section is divided into Greek life, student orgs, sports and more.

Jamie Hoogasian
Coordinator, Customer Service & Scheduling
GSU2 Room 205
Phone: (860) 768-4283
Fax: (860) 768-5299
hoogasian@hartford.edu

- b. Assistance programs
 - i. Student Services Center <http://www.hartford.edu/fsc/>
 - ii. New Student Arrival Guide
 - 1. <http://www.hartford.edu/arrival/guide.html>
 - iii. For support, guidance, or just a simple answer to a question, contact the Division of Student Affairs by calling 860.768.4260.

10. Transportation

- a. Campus Shuttle Services
http://new.hartford.edu/visitingcampus/campus_shuttle/default.aspx
 - i. No phone number given. Please research site in detail with your YDS/youth.
- b. Public transit
 - i. Cctransit.com
 - ii. Connecticut Commuter Services <http://ctrides.com/index.php?page=rides-more> (Explore this site to find carpools, busses, trains and other resources for transportation.) For more information, contact a Connecticut Commuter Services representative at 1-877-CTRIDES (1-877-287-4337)

Don't see what you need or aren't sure? Call 2-1-1 the United Way Hotline and be connected to a specialist who will listen to your concern and help you find the right answer. This call is confidential and free.